

Tobacco Days of Action Activities

- * **Poster contests.** Contests can focus on providing awareness of Kick Butts Day and Through with Chew Week as well as general tobacco information. This is a great way to get youth involved and encourage them to be creative in their tobacco prevention efforts.
- * **Writing letters to local newspaper editors.** Letters can discuss such topics as: why the tobacco days of action are so important, the targeting of youth by Big Tobacco, and why local youth coalitions are important to getting out the word about tobacco issues.
- * **Public Service Announcements.** Public Service Announcements can be focused on creating awareness of the Tobacco days of Action and what local youth are doing to combat the efforts of Big Tobacco.
- * **Painting wooden benches.** Painted benches are a unique eye-catching way to provide information about Through with Chew Week, Kick Butts Day, share Tobacco Industry Quotes, and information regarding what can be done to combat the influence of Corporate Tobacco.
- * **Starting a teen council.** Some communities will be starting a youth coalition that focuses on tobacco prevention activities. A great way to give your group some start up enthusiasm and knowledge is by providing youth with introduction kits that include items such as: tobacco 101 information, tobacco industry quotes, small gear items, and reACT information.
- * **T-shirt design contest.** T-shirt messages will be focusing on creating awareness in the community of the Tobacco Days of Action. This is another fun way to get kids involved in tobacco prevention activities.
- * **Construct a memorial.** 1400 Montanans die as a result of tobacco related complications each year. Educating the community by passing out palm cards and handouts during this activity will let them know how important this issue is to their state and county.
- * **Giving school announcements.** Announcements will be given during Through with Chew week and Kick Butts Day and will focus on Tobacco Industry quotes and statistics about smoking, chewing, and tobacco use in Montana.
- * **Talk with health education classes.** During the Tobacco Days of Action presenting information to these classes about chew tobacco and smoking is a great way to create awareness and spread knowledge.

- ✱ Creating 'potty press.' Potty presses, a flyer with Tobacco Days of Action and tobacco awareness and prevention information put up in bathroom stalls, are an inexpensive and unique way one coalition will be getting out their message to their fellow students.
- ✱ Creating a tobacco trivia game show. The great thing about trivia games is that they can be completed in a number of different ways and can be aimed at all different groups of people. This is an informative, inexpensive, and fun activity for youth of all ages.
- ✱ Dramatic renditions. Some youth coalitions will be working with drama groups to create and perform one act plays which will highlight the reACT and Through with Chew messages and provide renditions of classic and infamous tobacco company quotes.
- ✱ Production of a 'zine. 'Zines are youth created magazines which can be distributed in school, to parents, or other adults. You can put any number of items in your 'zine; poems, tobacco facts, personal information, pictures, etc. can all be included in your very own magazine.
- ✱ Chalking the walk. It may be a little cold to complete this activity in February but when the weather is nice this is a great inexpensive way to let anyone passing by know about the Tobacco Days of Action and create awareness about tobacco issues.
- ✱ Stick horse rodeo for younger students. Getting teens involved in tobacco prevention by having them organize different activities for younger youth is a great way to spread knowledge and get everyone invested in what their doing. Focusing on rodeos is also a great idea since they are a big part of Montana culture and often sponsored by tobacco companies.